

Exercise, Motor Imagery, and Pain Neuroscience Education for Primary Dysmenorrhea: A Randomized Trial

NCT07196150

Status	RECRUITING
Phase	Not Applicable
Sponsor	Muge Dereli
Enrollment	51 participants

Key Eligibility Criteria

Inclusion (7)

- Female, aged 18-25 years
- Gynecological examination and ultrasound confirming absence of pelvic pathology
- History of primary dysmenorrhea for at least 6 months, with pain intensity e4 on the Numeric Rating Scale (0-10) during the first 3 days of menstruation
- Regular menstrual cycles (21-35 days)
- Nulliparous (no history of pregnancy or childbirth)
- ... and 2 more (see full listing online)

Exclusion (9)

- Diagnosis of secondary dysmenorrhea (e.g., endometriosis, pelvic inflammatory disease, uterine fibroids, ovarian cysts)
- Current pregnancy or planning to become pregnant during the study period
- History of pelvic or abdominal surgery
- History of sexually transmitted diseases
- Current use of antidepressants, anxiolytics, or hormonal therapy (e.g., oral contraceptives, intrauterine device)
- ... and 4 more (see full listing online)

Locations (1 total)

Ayd1n Adnan Menderes University, Aydin, Efeler, Turkey (Türkiye)